

#12: Temperature Guide

- Cook foods to the proper temperature.
- Re-heat food rapidly (within 2 hours or less).
- Never re-heat in a steam table or in a food warmer (crock pot or Nesco for example).
 Use the stovetop or microwave.
- Cool hot foods from 135°F to 70°F within 2 hours and within a total of 6 hours from 135°F to 41°F or less.
- Pre-chill ingredients when making a cold salad to help prevent long time periods in the danger zone.

165° F for 15 seconds—Cooking poultry, stuffed meats, stuffing with meat; wild game, raw animal foods in a microwave and those that have been par-cooked; and Reheating of left-over foods or foods in a microwave oven for hot hold.

155° F for 15 seconds—Cooking ground raw meat & fish, injected meat, marinated meat, tenderized meat, and raw eggs not for immediate service.

145° F for 15 seconds—<u>Cooking</u> fish, pork, commercially raised game animals, wholemuscle intact beef steaks and raw shell eggs for immediate service.

135° F—Reheating commercially processed and packaged foods for hot hold, cooking vegetables for hot holding

Danger Zone

Avoid keeping food in the range of 41°F to 135°F.



